

Living Plans

People with dementia can put Living Plans in place to help you and your circle of support get the best out of your life.

A Living plan will document your preferences such as:-

- 🌸 **what you enjoy**
- 🌸 **what really matters to you**

So that you can:-

- 🌸 **live your life as you want to**
- 🌸 **do the things you want to do**

For further information on Living Plans please click on the video link which will take you to a video recorded by George Rook, who is living with dementia and chair of the STW Dementia Steering Group.

To request a Living Plan please speak to the Dementia Assessment and Support Service or your Dementia Link Worker.

